LEMON PASTA
INFUSED WITH HERBS RIGHT OUT OF THE GARDEN {page 11}

BESTSELLER
A CHILDREN'S BOOK ADULTS WILL LOVE READING {page 10}

LOHAN
FACING A TOUGH COMEBACK AFTER HOUSE ARREST {page 9}

WINNIPEG metro®

Monday, August 8, 2011
www.metronews.ca

News worth sharing.

Lotus. Dance

▶ Jing Wen Hu performs the traditional lotus dance at the 2011 Chinatown Cultural Festival yesterday. The 13-year-old is a member of the Manitoba Great Wall Performing Arts school.

JAMES TURNER/METRO

Performing at the Chinatown Cultural Festival

Man dodges bid for being a dangerous offender

John Melville Steele robbed a pharmacy in March 2010, was convicted in May 2011

A Manitoba judge has quashed a bid by prosecutors to see a convicted robber jailed without knowing when he would ever get out.

Court of Queen's Bench Justice Joan McKelvey has ruled John Melville Steele's heist at a Portage Avenue pharmacy can't be considered a "serious personal injury offence" under the Criminal Code.

Therefore, prosecutors can't initiate the process to have Melville designated a dangerous offender, despite the Crown's wishes to do so, said McKelvey.

Criminals designated as dangerous offenders can be held behind bars for indeterminate periods of time.

One young female clerk testified a masked Melville said something along the lines of, "Give me the money. It's a robbery. I have a gun," said McKelvey in a decision released Aug. 5.

A weapon was never seen, there was no assault and there were no injuries.

However, the Crown said Melville's actions in the store "were intended to terrify" the store clerks, who testified they were fearful and shocked. But they did not need counselling or time off work, the judge noted.

Defence lawyer David Soper argued while the staffers certainly had an "unpleasant experience," it's expected robbery victims will be scared, nervous and shocked.

McKelvey agreed and added she didn't feel the implied threat of violence in the case was enough to let the Crown's dangerous-offender application go ahead.

Steele is still awaiting sentencing. ● JAMES TURNER

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1 news

The self-proclaimed 'Spam King' of Facebook faces serious jail time. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Refine your palate with a beginner's guide to beer tasting. Video at metronews.ca

Arsonists strike St. James

Three separate fires in wee hours yesterday spark several arrests

ELISHA DACEY/METRO

▶ This garage was set on fire on Winchester Street early yesterday morning.

ELISHA DACEY
@METRONEWS.CA

Winnipeg police said a number of people were arrested after they allegedly set fires on a local golf course and to a garage and car on a nearby street.

Police said they were called to a fire at Assiniboine Golf Course on Ness Avenue at about 3:40 a.m. Sunday morning where several golf carts were ablaze in a fenced compound. Firefighters put out the fire that caused about $130,000 in damage.

Twenty minutes later, police were dispatched to nearby Winchester Street for two separate fires, one to a garage and another to a parked car.

Those fires were also put out. There was no immediate damage estimate for the two fires.

The Winnipeg Police Service canine unit tracked down a number of people who were taken into custody, police said.

The number of people arrested or what charges they face, if any, was not immediately made available.

The investigation by the arson strike force unit continues.

Smoke. Screen

▶ Ministry of Natural Resources fire ranger Warren Okanski looks back as a camp protected by sprinklers is threatened by a forest fire near the town of Red Lake, Ont.

THE CANADIAN PRESS

Ont. fires keep Man. 911 busy

Lightening strikes caused several fires in Northern Ontario and the burning kept skies smoky over the Whiteshell on the weekend, prompting hundreds of cottage-goers to call 911, convinced a fire was burning nearby.

Bar brawl leads to fatal stabbing

Winnipeg Police have identified Baljinder Singh Sidhu, 27, as the city's latest homicide victim.

Police said he was stabbed during a large brawl outside an Osborne Street bar early Friday morning.

He later died in hospital from his injuries.

ELISHA DACEY

24 The latest death brings the total number of homicides in Winnipeg this year to 24.

'Peggers pick best nail salon

1 Riverstone Spa (Inn at the Forks)
75 Forks Market

2 James Barclay Spa and Salon
399 Graham Ave.

3 Best Nails
566 St. Mary's Rd.

Best review

▶ **Winnipeg Nails**
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Riots rage a second day in London

Looting, arson, violence in wake of fatal police shooting Saturday
North London area smoulders

Police deployed extra officers on London's streets yesterday to prevent a repeat of Saturday's violence in north London's Tottenham area, which appeared to be quiet last night.

But disturbances broke out in Enfield, about eight kilometres north of Tottenham. TV footage showed riot and mounted police patrolling the streets, and there were also images of smashed shop windows, and police with dogs detaining at least one man.

Social networking websites swirled with rumours of other riots beginning or being planned.

The violence has cast a pall over a city preparing to host the 2012 Olympic Games. **THE ASSOCIATED PRESS**

Saturday's rampage

- The protest against the death of Mark Duggan, a father of four who was gunned down in disputed circumstances Thursday, was initially peaceful.
- It got ugly as 300 to 500 people gathered around Tottenham's police station.
- Some protesters filled bottles with gasoline to throw at police lines, others confronted officers with makeshift weapons.
- Police in riot gear and on horseback clashed with hundreds of rioters, fires raged out of control and looters combed the area.
- Police said 26 officers were injured, and they made 55 arrests.

▶ A firefighter stands near the smouldering remains of a burnt-out building after riots on Tottenham High Road yesterday in London.

Bloodiest week in Syrian protests

Syrian troops fired on mourners at a funeral and raided an eastern city yesterday, killing at least 59 people in an intensifying government crackdown on protesters. Outrage was intensifying as well: Syria's Arab neighbours forcefully joined international condemnation against President Bashar Assad's regime for the first time.

Even the king of Saudi Arabia — whose country does not tolerate dissent and lent its military troops to repress anti-government protests in neighbouring Bahrain — harshly criticized the Syrian government and said he was recalling his ambassador in Damascus for consultations.

More than 300 people have died in the past week, the bloodiest in the five-month uprising against Assad's authoritarian rule, since the regime stepped-up the crackdown on the eve of Ramadan. **THE ASSOCIATED PRESS**

News in brief

Underfed baby will live: Doctors

DADAAB, KENYA. Only 10 days ago, Minhaj Gedi Farah was too weak to cry and his skin crumpled liked thin leather under the pressure of his mother's hands. Now doctors say the severely malnourished seven-month-old Somali appears out of danger of joining the more than 29,000 children who already have died in the famine.

It's a rare success story amid unimaginable misery for parents at the world's largest refugee camp. **THE ASSOCIATED PRESS**

Bomb hoax at Colosseum

ROME. A suspicious device that forced the evacuation of the Colosseum yesterday turned out to be a false alarm, Rome's mayor said.

The site was evacuated about an hour before it was scheduled to close after tourists saw a suspicious device inside. A bomb squad detonated the device, the news agency ANSA said. **THE ASSOCIATED PRESS**

Man killed seven: Police

COPLEY TOWNSHIP, OHIO. Police say a man went on a neighbourhood shooting rampage, killing seven and leaving victims in three homes before being shot and killed in a gunfight with a police officer and a former officer.

Police say in a news release the man was in one house with several others Sunday morning when he shot his girlfriend, then ran to a neighbouring home and shot her brother and four other people. **THE ASSOCIATED PRESS**

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Cuba	89.9 ¢/min	South Korea	2.9 ¢/min
El Salvador	9.9 ¢/min	Sri Lanka	9.9 ¢/min
Germany	1.9 ¢/min	Trinidad	4.9 ¢/min
India	2.9 ¢/min	U.A.E.	14.9 ¢/min
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Ridetime.ca announces CREDIT AMNESTY 2011

Guaranteed Credit Approvals No Matter what your Credit Score or History

WINNIPEG - MANITOBA

The downturn in the economy has affected most people and their ability to get a car and automotive credit. Credit agencies have become very critical with credit scores and many lenders have significantly changed the criteria for someone to qualify for an auto loan. Many car shoppers today are being turned down because of their credit history. Credit Amnesty 2011 has signed an agreement with a CREDIT TO ANYONE REGARDLESS OF CREDIT SCORE. Every and any past credit problem will be accepted and approved regardless of bankruptcy, divorce, tax liens, judgements, vehicle repossessions and charge offs.

Bank Authorized Processors On Site for Instant Approvals

The management and finance staff of Credit Amnesty 2011 were flown to Toronto and trained to be lending representatives for a national leader who has been lending to credit challenged consumers in an effort to give consumers the opportunity to re-establish their credit one payment at a time. Credit Amnesty 2011 will now deliver credit approvals to every consumer they enter into the patented Credit Approval Processing System within 60 seconds.

Doug MacIver, General Manager at Credit Amnesty 2011 proudly says, "we provide opportunity where others can't."

Life Changing Program

Without our product, consumers are often unable to purchase a vehicle or they purchase an unreliable one and are not provided the opportunity to improve their credit standing. As we report to all major financial national credit reporting agencies, a significant number of our customers improve their lives by improving their credit score and move on to more traditional sources of financing.

We have the late model vehicles people want and the ones that will qualify for this type of funding. The only thing that will affect your ability not to be approved is no down payment. And with that being said we are not here to put someone in a car that does not match their ability to pay, we want this to be a successful process that will allow those with credit problems to rebuild their lives. I know they will benefit from this program and they will always come back to us to buy a car.

From what we were told in Toronto, business starts coming in from referrals, from our own customers who find out this program is for real. They usually tell all their family and friends about it. "This is a once in a lifetime opportunity for someone to come in to us and drive home a nice car and rebuild their credit," adds Doug.

Our staff has even told their families and friends to come down and we've notified some local companies and their employees to come down as well to take advantage of these great opportunities to rebuild your credit.

CAR proof HISTORY REPORTS are available on every vehicle. You can drive home with confidence that you know what you are buying. If I were in the market for a quality pre-owned certified vehicle, I would definitely come down early for the best selection."

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ADRIAN WYLD/THE CANADIAN PRESS

▶ The biz from Brazil: Stephen Harper departs yesterday for a six-day tour of Central and South America to drum up business for Canada.

PM on tour for trade

- Stops in Brazil, Colombia, Costa Rica and Honduras
- Canada-Colombia free-trade deal in effect Aug. 15

Prime Minister Stephen Harper left yesterday on a six-day swing through Latin America — first stop, Brazil, the world's seventh-largest economy. Harper's main goal is to boost trade between that country and Canada, but he will also talk about security in the region.

Harper is trying to cement trade ties with Latin America and the Caribbean. An April 2009 diplomatic cable from the U.S. embassy in Ottawa, published by WikiLeaks, suggests the prime minister believes Canada could hold more sway with the United States if his country had strong relations with other countries in the region.

"Harper had long been favourably impressed by Australia's ability to exert outsized influence with the U.S. in particular — and other powers as well — by emphasizing its relations in its own neighbourhood," the cable says, referring to a conversation with a senior Foreign Affairs official.

"PM Harper hoped to gain similar benefits for Canada by increased attention to Latin America and the Caribbean."

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
- 217.96 (12,162.17)	+ 0.15¢ (102.24¢ US)
Oil	**Natural gas 1,000 cu ft**
+ 25¢ US ($86.88 US)	$3.956 (+ 1.5¢)
	Gold contract
	$1,651.80 (- $7.20)

DEBT CRISIS

Bond plan to aid Italy, Spain

The European Central Bank says it will "actively implement" a bond-purchase program that could boost Spanish and Italian bonds and drive down interest yields that threaten the heavily indebted countries' budgets.

The move, though risky, could help Rome and Madrid fend off market trouble until a strengthened eurozone bailout fund is approved to help them. Italy and Spain are trying to avoid financial collapses like those that have forced Greece, Ireland and Portugal to seek bailout loans.

Italy has debt equivalent to 120 per cent of economic output, the second highest in the eurozone behind Greece.

Italian Prime Minister Silvio Berlusconi promised on Friday to balance the country's budget by 2013, a year early, and to bring forward a constitutional amendment requiring the government to balance its budget.

THE ASSOCIATED PRESS

Tea party rapped for downgrade

Senior presidential adviser David Axelrod yesterday blamed the downgrade of the U.S. credit rating from AAA to AA+ on tea party Republicans, whom he said were unwilling to compromise on how to reduce the federal debt. He called the action "a tea party downgrade" brought on by Republican lawmakers who were willing to see the country default to get their way.

THE ASSOCIATED PRESS

THE HIDDEN URBAN CRIME WAVE IN THE 'PEG

URBAN COMPASS

COLIN FAST
METRO WINNIPEG

There's a crime wave going on throughout Winnipeg, but you won't find anything about it on the city's Crimestat website.

Late at night, bands of masked bandits are creeping around homes, breaking into garages, vandalizing property and even stealing food.

The culprits belong to a sinister-sounding gang called *Procyon Lotor*, although those less gifted in Latin might simply call them raccoons.

While exact numbers aren't known, provincial Natural Resource officer Sheldon Orvis estimates there's a healthy and steady population of at least a few thousand raccoons across Winnipeg.

They're attracted to densely populated neighbourhoods where potential food sources (restaurants, dumpsters, garbage cans) are in plentiful supply. So areas like Osborne Village and Corydon Avenue are especially popular.

However, raccoons don't tend to stay in the same spot every night, but travel within a specific area. Orvis explains they do this because they've figured out the garbage collection schedule — which puts them one step ahead of many humans in this city.

Orvis says raccoons are highly intelligent animals, who pass knowledge between each other and work as a team to solve problems like how to open a garbage can or make their way into a garage or home. However, their great memory can be used to defend against late-night invasions.

He advises homeowners to spread ammonia-soaked rags or cayenne pepper on their garbage. The raccoons will remember where they had the unpleasant surprise and skip those cans the next time around. They also recall which homes have dogs.

Another tip is to place a small radio somewhere in your backyard. It only has to be as loud as a conversation, but it will be enough to persuade the pests to keep moving on.

Finally, he suggests using bungee cords to secure lids on top of garbage cans, and to hold the cans in place against a fence or wall. That prevents the raccoons from rolling the cans down the street to pry the lids off.

And if you do happen to come across a raccoon in your yard or carport, use caution.

"Back off slowly and give it the space it deserves," says Orvis.

"All wild animals are unpredictable. If they're cornered or frightened by someone, they can be tough."

As a raccoon wrangler, Orvis has had his fair share of memorable encounters.

One particularly dicey situation involved a family of raccoons that had stowed away in a semi-trailer that was unloading at a local mall. "If they'd managed to get loose in the store it would have been a gong show," he says.

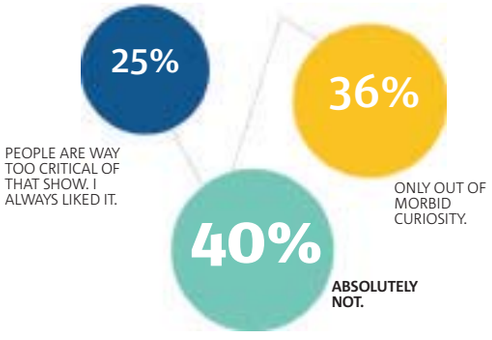
He's also been summoned to CFB Winnipeg to remove a raccoon from inside a C-130 Hercules military transport plane.

So it seems even the air force is defenceless against the tenacity of the urban raccoon.

Colin Fast is a corporate communicator who blogs about life in Winnipeg at policyfrog.com.

Panel
Register at metropolitanpanel.ca and take the quick poll

Will you be watching the Ashton Kutcher-led Two & A Half Men?



Local tweets

@zenbecca: Seeing as throwing it in the river is not an option, how does one dispose of a giant, broken microwave? #winnipeg

@Pfiefedog: Last day of #holidays. Gonna spend some time swimming and relaxing on the dock at #Nutimik then back 2 #Winnipeg! Seat selection on Tuesday!

@BiggieFunke: Driving back to Minneapolis with my man Stapes. Can't wait to get back up in Winnipeg #hiddengem

@heyfisticuffs: Last minute Winnipeg show confirmed for tomorrow (Monday) night. 7-9pm. Music Trader In-Store. No charge. Donations will be taken.

@BlueandGoldWPG: I love that in #Winnipeg from an 8th story window you can see to the edge of the city, and most of what you see is trees. So pretty.

@RevNem_VI_45: What the hell is Winnipeg coming too? Couple of teen gangsta's tried to mug my eldest boy last night In South St Vital!!!

@EricAbromeit: Hanging around town & being a tourist in my own city is how I'll start my final week of vacation. #Winnipeg

Worth Mentioning

STEM CELLS. A team of scientists has reported producing viable sperm using the stem cells of mice in an experiment that researchers hope could one day lead to treating infertile men.

The Kyoto University researchers managed to induce mice stem cells into creating sperm precursors, which were transplanted into infertile male mice. The mice then produced sperm that was successfully used to fertilize eggs in a lab dish.

The offspring were healthy and fertile, according to a paper published online in the scientific journal Cell.

Members of the research team, led by Mitinori Saitou, said they believe their success may help in the development of infertility treatments in humans.

Experts outside the group say it's an important first step toward infertility treatment although there would be a long way yet to go.

"This is a very good experiment for thinking about treatment of infertile man but a very very long way," said Toshio Suda, developmental biology professor at Keio University.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Off-the-rack performance enhancement?

Baseball seems to have come through its Steroid Era and is now apparently trying to avoid a Mammal Era.

Officials have warned players in both the major and minor leagues to stop using deer antler spray because it could be construed as a performance-enhancing drug.

The substance is taken from the antlers of young deer, ground up and manufactured into a spray which is ingested under the tongue.

According to Sports Illustrated, the velvet from young deer antlers contains an "insulin-like growth factor, which mediates the level of human growth hormone in the body."

IGF-1 has been banned by, among other groups, the World Anti-Doping Agency because one of its uses is to build muscle and cut fat.

Major league baseball, with a recent history tainted by tawdry stories of hitters and pitchers juicing to become stronger and faster, banned one specific brand because, according to Sports Illustrated's report, it has "potentially contaminated nutritional supplements," namely methyltestosterone, a banned steroid.

TORSTAR NEWS SERVICE

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2 scene

HANDOUT

▶ Bryce Dallas Howard, seated centre, stars in The Help.

Howard needs no help

Despite her famous roots, Bryce Dallas Howard remains down to earth
Actress plays wealthy Mississippi socialite Hilly Holbrook in The Help

RICHARD CROUSE
SCENE@METRONEWS.CA

At the beginning of my interview with Bryce Dallas Howard she does something I've never experienced before in a celebrity sit-down. Curled up on a couch in Toronto's Park Hyatt Hotel, the four-and-a-half month pregnant star of The Help does something really un-celebrity-like — she offers to hold the microphone I'm using to record our chat.

It's a small thing, but it goes a long way to creating a portrait of the down-to-earth Golden Globe nominee, who is best known for roles in blockbusters like Spider-Man 3, The Twilight Saga: Eclipse and Terminator Salvation.

Surrounded by celebrity from birth — her father is TV icon Ron Howard — she has observed stardom up close and has strong opinions about fame.

"It's weird that we expect celebrities to behave like they're so entitled," she says. "I think it's because a lot of celebrities do, and that's just absurd."

This is coming from someone whose godfather is Henry Winkler, who once had Tom Cruise as a babysitter and first acted at age seven as an extra in one of her dad's movies.

"I've always been kind of fascinated by that subject because while I have closely observed celebrity I have always felt apart from it because I was raised outside of Hollywood," she says.

"Recently because of reality television the notion of celebrity and what people are famous for is changing," she adds.

I mention stars that parlay sex tapes into a showbiz career and she nods.

"I think unfortunately that is defining our time. I've never actually had this thought before, but I think it would be interesting to look back in history and see who the most iconic individuals of that time period were and then look at now, and perhaps be a little bit horrified."

When I ask if fame is important to her personally she is quick to answer.

"No. Not at all. One of the things I feel most grateful for is that I don't live the life of a famous person."

Howard on Holbrook

▶ "She's an adult woman who is still behaving as though she's in high school. I think that at that time women didn't have that much power so that dynamic was very present because that was a way in which women kept control in society, whereas now it's much different and those kind of women don't need to act out in that sort of way."

Box office

Apes have climbed to the top rung of the weekend box office. According to studio estimates Sunday, Rise of the Planet of the Apes took in $54 million to open as the No. 1 movie. That was more than analysts expected for the Apes prequel, though well below the $68.5 million opening of Tim Burton's Planet of the Apes remake.

THE ASSOCIATED PRESS

Scan this code to find out if The Twilight Saga once again clawed the competition at last night's Teen Choice Awards.

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Hot ex-wrestler pins down George Clooney

From brunette to blonde: One of Hollywood's most eligible bachelors rebounds nicely Pair plans to keep relationship private, says source

George Clooney is reportedly rebounding from Elisabetta Canalis with ex-wrestler Stacy Keibler, according to Us Weekly.

"It's more than just a fling," a source says of the pair, who have known each other for about four years.

"They're basically exclusive at this point. They like each other's sense of humour. Obviously they're both physically attracted to one another."

But the new couple apparently plans to keep things private when it comes to their relationship.

"I don't see her hitting any of the red carpets with him," the source adds. METRO

ALL PHOTOS GETTY IMAGES

Stacy Keibler

George Clooney

Divorce drama

J.Lo fights to keep twins

CUSTODY BATTLE. The "amicable" part of Jennifer Lopez and Marc Anthony's split is apparently done, as the inevitable custody battle has reportedly gotten underway with Lopez looking for sole custody of their infant twins, according to Us Weekly.

"They are always with their mom. Jennifer lights up around her kids. She's incredible, balancing work and being a good mom," a source says. METRO

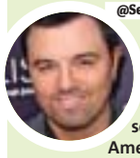
The comeback trail ain't easy

MOVING ON AFTER HOUSE ARREST. Lindsay Lohan's plans for a big comeback with a role in the upcoming John Gotti biography aren't coming together as cleanly as previously thought, according to TMZ. "The producers of the film and Lindsay's representation have not yet worked out an agreement for her to appear in the movie," a source close to the producers says. Of course, deals haven't been inked for any of the stars involved, including Al Pacino and Kelly Preston. METRO

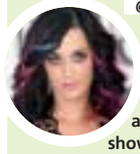
Lindsay Lohan

Celebrity tweets

@chriscolfer
"Just realized I may have more framed pictures of pets than socially acceptable..."


@SethMacFarlane
"Somehow a double-A credit rating seems more American anyway."

@EvaLongoria
"Today was the first time i parked in my reserved parking spot on Universal lot in 8 years!"


@katyperry
"u know it's gonna b a good show when someone brings u rainbow colored rice krispie treats."

Denise Richards

'I did not steal someone's husband': Denise Richards

Denise Richards is using the press tour for her new memoir, the Real Girl Next Door, to clear up a few things about her past relationships — specifically, that she did not steal Richie Sambora from Heather Locklear.

Richards says that she and Sambora "were friends and we were both going through divorces, and that's what drew us to each other," according to Hollyscoop.

"I did not steal someone's husband. Did I date a former friend's ex-husband? Yes. Did I break up a marriage? No."

Richards started dating Sambora shortly after he divorced Locklear.

And besides, Richards insists there was no friendship with Locklear to ruin at the time.

"If I was still friends with her, that never would have happened with Richie," she says.

"There was no friendship anymore prior to Richie and I getting together." METRO

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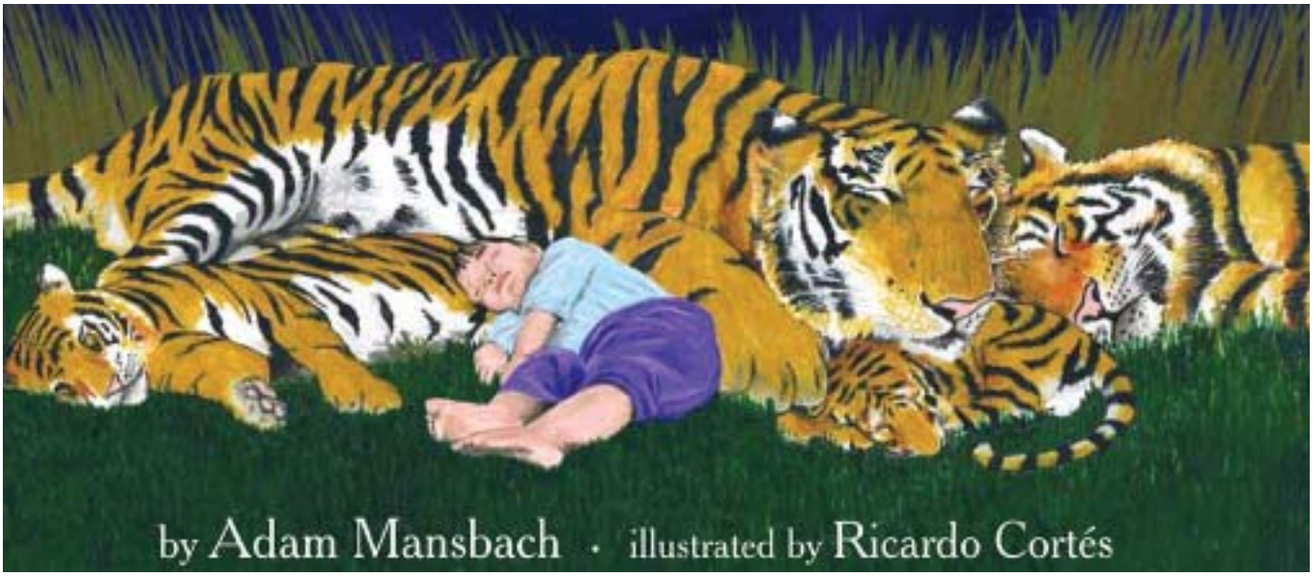
3 life

You need this

Green Toys Tugboat
This bath toy is our new favourite, and not just because of the wide spout that allows kids to pour water all over the place. It's made from recycled milk containers and has no BPA or PVC coating. MWN

GREEN TOYS
$14.99, greentoys.com

Quick, low-cost tests can accurately detect developmental delays in kids: study.



An honestly funny book

After it went viral online, the children's book Go the F— to Sleep became a bestseller — before it was even released Metro sat down with the author to talk about the sensation

DOROTHY ROBINSON
METRO WORLD NEWS

When novelist Adam Mansbach's baby daughter Vivian wouldn't go to bed, he took the phrase that ran through his head and decided to set it to a poem. He got his friend Ricardo Cortés on board to illustrate, and the result, the children's book Go the F— to Sleep, is now the publishing success of the year. Produced by the small Brooklyn press Akashic Books, the title reached No. 1 on the New York Times bestseller list — before it was even published. With 400,000 copies of the book in print, Mansbach is just as surprised as you.

Can you give readers a little backstory on the huge wave of popularity for the book?
I gave a reading from the book on April 23, months before it was to be published in October, just to try it out. It was at this art salon in Philadelphia and I was the last one to go on. I read after this 97-year-old tap dancer, which is a tough act to follow. The reaction was so strong. People asked me about the book and I said they could pre-order it on Amazon. The next morning, I thought to check it and before that reading we didn't even have an Amazon ranking, and when I checked it, it was at 125. I write novels — if they hover around the thousand mark when they're published, that's respectable.

So from that Amazon ranking, it just picked up.
Right. The first wave of media followed and all they had to go on was a cover and a sample verse but it obviously hit a chord. Then PDFs we sent out to book-sellers leaked and they started ricocheting on the Internet. I've talked to people who told me they got the forward of the PDF 50 times. It was just all over in a crazy way. People thought it was part of a brilliant marketing campaign. Meanwhile, I was trying to file cease and desist orders.

Do you think anyone will actually read it to their baby?
I certainly hope not. I'm getting tons of e-mails saying they are going to give it as a baby shower gift or a Father's Day gift. People even tell me they are buying it for their kids to give to them when they're older, when they have their own kids so they know what they went through.

Are you doing a second book?
It's certainly tempting. But I don't want it to be a crappy book just to keep this thing going. This is good because it's an original idea. Some people are like, 'Why don't you do Eat Your Fu—ing Vegetables?' And I'm like, 'That's kind of funny but I don't know if that's a whole book.' I want to reinvent something. But we are doing a G-rated version of the book. Johnny (the book's publisher) has a five-year-old and a three-year-old. And he read it to his kids — he censored it while he went — and his kids thought it was hysterical. Kids get it — they know they are pulling all this s— on us.

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Lemony summer pasta

This dish uses lemon juice & fresh herbs to take flavour to another level

Fresh pasta coated with cream, cheese and fresh-from-the-garden herbs makes a spectacular and refreshing light side dish or entrée. Fresh herbs are essential in this recipe to give it full flavour.

Preparation:

1. In skillet, combine butter and sage; heat over medium-high heat, stirring constantly until butter melts and sage starts to sizzle. Add garlic; sauté for about 1 minute or until butter and garlic start to brown. Gradually pour in vegetable broth, cream and lemon juice; cook, stirring occasionally, for about 3 minutes or until slightly thickened. Stir in ricotta cheese and cook, stirring, until combined. Remove from heat.

Ingredients:

- 50 ml (1/4 cup) butter
- 30 ml (2 tbsp) chopped fresh sage
- 15 ml (1 tbsp) crushed garlic
- 175 ml (3/4 cup) vegetable broth
- 375 ml (1 1/2 cups) 35 per cent whipping cream
- 30 ml (2 tbsp) fresh lemon juice
- 250 ml (1 cup) fresh or frozen small green peas
- 250 ml (1 cup) ricotta cheese
- Salt and freshly ground pepper, to taste
- 500 g (1 lb) fresh linguini
- 125 ml (1/2 cup) grated Parmesan cheese
- 50 ml (1/4 cup) finely chopped fresh basil or mint

2. In a large pot of boiling salted water, cook pasta according to package directions or until desired doneness. Drain.

3. Add pasta to cream sauce in pan; toss to coat. Sprinkle with Parmesan and basil; toss to coat. Season with salt and pepper. Serve..

THE CANADIAN PRESS/ TED GIBSON

▶ This recipes makes four main dishes or six side dishes.

THE CANADIAN PRESS/ CHEF PAUL ROGALSKI OF CALGARY'S ROUGE RESTAURANT FOR DAIRY FARMERS OF CANADA

Rose Reisman's Swap It

You'll be surprised at how innocent shakes and blasts appear, especially since you think you're saving calories by not having standard ice cream treats.

MEDIUM BASKIN ROBBINS VANILLA SHAKE
980 CALS/ 45 G FAT/ 117 SUGAR

SWAP IT!

MEDIUM BASKIN ROBBINS CAPPUCCINO BLAST, BLENDED
410 CALS/ 13 G FAT/ 32 G SUGAR

VANILLA ICE CREAM AND MILK ADD UP IN CALORIES, FAT AND SUGAR. A MEDIUM VANILLA SHAKE IS EQUIVALENT TO 25 PIECES OF FERRERO ROCHER CHOCOLATES IN SUGAR.

THIS CAPPUCCINO BLAST IS MADE WITH SOFT ICE CREAM, WHICH REDUCES THE CALORIES AND FAT.

FOR MORE VISIT ROSEREISMAN.COM

Carrot-filled treat poses as a cookie

Cookies as a snack? No trouble selling the kids on that one. Now to convince the adults ...

Often laden in fat and empty calories, cookies don't often impress parents. But if you're willing to bake your own, you can turn out some delicious and appealing cookies that will satisfy kids and adults alike.

For our take on healthy cookies, we used one of the healthiest and most flavour-packed cakes for inspiration — carrot cake.

We start with a low fat, cake-like cookie. It's plenty moist thanks to a small amount of oil (instead of butter) for healthier fats and supplement it with crushed pineapple. Using dark brown sugar as the sweetener adds more flavour and even moisture, while white whole-wheat flour adds whole grains. Then we add oats and a few nuts for texture, a handful of spices for flavour. And, of course, the carrots and raisins.

Preparation:

1. Heat oven to 190 C (375 F). Lightly coat 2 large baking sheets with cooking spray.

2. In a medium bowl, combine flour, baking soda, rolled oats, cinnamon, ginger, cloves and nutmeg. In a second medium bowl, combine egg whites, brown sugar, oil, pineapple, milk and vanilla.

3. Add liquid ingredients to dry ingredients, then stir to combine. Stir in raisins, carrots and walnuts. Drop by the tablespoonfuls onto cookie sheets, leaving 5 cm (2 inches) between them. Bake for 12 to 15 minutes or until golden around edges.

THE ASSOCIATED PRESS

Ingredients:

- 250 ml (1 cup) white whole-wheat flour
- 2 ml (1/2 tsp) baking soda
- 375 ml (1 1/2 cups) rolled oats
- 5 ml (1 tsp) cinnamon
- 5 ml (1 tsp) dry ginger
- 1 ml (1/4 tsp) ground cloves
- 1 ml (1/4 tsp) ground nutmeg
- 2 egg whites
- 175 ml (3/4 cup) dark brown sugar
- 50 ml (1/4 cup) vegetable or canola oil
- 50 ml (1/4 cup) drained crushed pineapple
- 125 ml (1/2 cup) fat-free milk
- 10 ml (2 tsp) vanilla extract
- 250 ml (1 cup) raisins
- 250 ml (1 cup) grated carrots
- 125 ml (1/2 cup) chopped walnuts

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Reading up on eco-friendly

Canadian firm making greener, better books Taking a look at how to ensure a future for readers

BEN KNIGHT
GREEN@METRONEWS.CA

ISTOCK PHOTOS

E-books and other digital platforms can pose environmental problems by using non-renewable resources.

Books are made of paper. Paper comes from trees. So how can a major book publishing company become environmentally friendly?

Scholastic Canada is one of this country's largest publishers — and distributors — of children's books and educational materials. The company has recently undertaken a broad range of eco-friendly initiatives, covering everything from the paper they use to the trucks that deliver their products.

"Books are not disposable or consumable products, used once and then thrown in the trash," says Wendy Graham, Scholastic's vice-president of education. "They are treasured, kept, shared, read and re-read, in homes, schools and libraries. Books, especially children's books, are very much re-used, and are also recyclable when they are worn out."

Adhering closely to guidelines from the Forest Stewardship Council (FSC), Scholastic has set some ambitious environmental standards. FSC paper is used whenever possible, and use of recycled materials is being pushed to the practical maximum.

"In whatever form we are producing books, we need to make sure that they are environmentally responsible and affordable for the masses," Graham says.

That's important, because newer publishing formats — e-books and other digital platforms — can also pose significant environmental problems.

"We need to realize that dedicated e-readers and the other small electronic devices on which digital books are read are created made from non-renewable resources: plastics, rare earths and other metals," notes Graham. "They are not easily recyclable when shiny new models come along."

The commitment to eco-friendly paper goes all the way to the copying machines in Scholastic's offices.

Biodegradable plastic is used in packaging, and all delivery companies — large and small — have to be running clean, fuel-efficient vehicles. All this is necessary, Graham concludes, because books will continue to be an essential, hugely important part of education and the preservation of human knowledge — far into the future.

"Printed books are a technology that will be with us for some time."

"The concrete, physical experience of a book remains important for young readers. Its tactile, visual and linear nature is perfectly suited to quiet sharing and learning, and the development of early literacy skills."

For more info, check out scholastic.ca.

Statistics

By the numbers

Purchases According to the most recently available census data, Albertans spend an average of $42.54 a year on books (excluding school texts). That's a total of $140-million across the province. Ontario leads the country ($610-million), while Prince Edward Island spends the least ($4.2-million).

18" Portable Dishwasher

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This Danby Designer 8 place setting dishwasher is a convenient and efficient addition to any home. At 18" wide this model takes up minimum space and the built-in castors allow it to be easily moved. Energy star rated and boasting a low-water consumption feature, this model is eco-friendly. Suitable for not only condos and apartment this model even offers a built in soft water system for remote cottage locations.

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BREAKING DOWN BIOPLASTIC

I recently bought a toothbrush made from bioplastic. Will it really break down in my backyard composter? ***Erin of Vancouver, BC***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

It's possible, but I can't speak from experience.

Check the packaging to see if your toothbrush meets standards ensuring that it's certified as biodegradable and compostable.

You should notice a black and white logo with a leaf and an arrow that says "compostable."

This means it meets the Biodegradable Products Institute, or BPI, standards for compostability (ASTM 6400 D99 and ASTM 6868).

Some may also mention "European Bioplastics standards (EN 13432)."

In 1999, BPI created a certification program that requires the product to decompose within 60 to 180 days. But that's in a commercial compost facility. So if your city has such a thing, and Vancouver does, you're in luck.

As for backyard composting, bio-resins will take longer to breakdown.

David Suzuki Foundation

They've got nothing to wine about

Ken Fielding and his son Curtis' business — like their award-winning wine — is only getting better with age

HANDOUT

Curtis and Ken Fielding toast their success.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

The accountant was blunt when Ken Fielding told him he was opening up a winery. "Are you mental? Why not just go out and buy a couple cases of wine?" But the one thing the accountant hadn't taken into consideration was the golden touch of business visionary Ken Fielding.

He got in on the ground floor when Subway Sandwiches started franchising and helped open 237 stores. His son Curtis was racing in the CASCAR circuit but during his off times would work on a farm. When his dad started talking about a winery Curtis was intrigued. That was six years ago and now Fielding Estate Winery is turning a profit, their wines are winning numerous awards and even the skeptical accountant is impressed.

As Ken prepares to hand the reins of the business over to Curtis he is looking towards the future and creating new ventures.

His advice? "Buy a franchise. You have to stick with it. A lot of people quit too soon."

From Subway Sandwiches and stock cars to award-winning Canadian wine, Ken and Curtis Fielding have taken the checked flag and are on their way to the winner's circle.

Good grapes

Ontario wine facts:

- The Grape and Wine sector generates more than $100 million in wages and salaries
- The wine industry generates $533 million in retail sales (2010)
- More than 1 million people visit Ontario wineries every year

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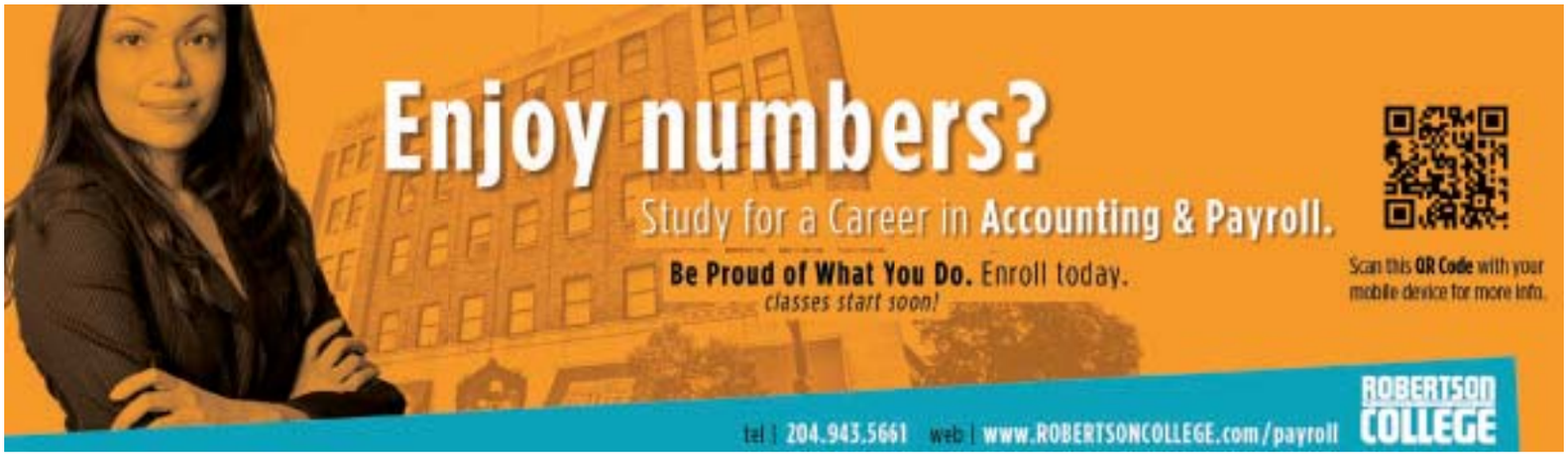
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4 sports

Caddie. Smacked

▶ Tiger Woods hits from a bunker of the World Golf Championships — Bridgestone Invitational yesterday in Akron, Ohio.

ANDY LYONS/GETTY IMAGES

Ex-caddie, Scott rejoice in win, Tiger falls out of contention

After missing three months with a leg injury, Tiger Woods finished a tournament for the first time since the Masters in April and closed with a 70 yesterday to tie for 37th. Adam Scott was nearly flawless to earn his first World Golf Championship title. He celebrated with a caddie who has won quite a few more. Steve Williams, fired last month by Tiger Woods after a 12-year partnership, felt like a bigger winner when Scott rolled in one last birdie for a 5-under 65 and a four-shot victory in the Bridgestone Invitational. Williams, who carried Woods' bag for 72 wins — including 13 majors and 16 world titles — called it "the best win of my life." THE ASSOCIATED PRESS

Junior judgment underway

Level of Team Canada's talent will depend largely on which players can stick with NHL clubs

A final chore of summer camp for the coaches of Canada's junior men's hockey team was posting the names of the 47 invitees on a white board in order of preference.

That doesn't mean head coach Don Hay and his crew are going to get who they want.

The names are on movable cards, so Hay, assistants George Burnett and Ryan Huska and Hockey Canada head scout Kevin Prendergast could shuffle according to their opinions. The depth chart was to be assembled following yesterday's intra-squad game in Fort McMurray, Alta., to conclude the six-day camp.

But once the hockey season starts, those names will circulate around that white board, and NHL club commitments could cause some to disappear.

There was enough talent on display at the summer camp in Edmonton to indicate Canada can win gold at the 2012 world junior hockey championship starting Dec. 26 in Edmonton and Calgary.

The goaltenders were solid and the defencemen were deep in size and talent. The forwards have the skill and smarts to play a shifty brand of offence.

How much of that talent will be available to Hay in December? Hay may be forced to look lower on the white board when he chooses about 35 for his selection camp in Calgary.

"You look at the high draft picks, the second-year players, there's a good possibility they might not be here so you have to evaluate," Hay said. "For us, we have to have a feel for where that depth chart is, what type of players we're looking for to fill in the holes and then watch how they play in September and October."

"At this tournament, we're going to take the players who are playing really well going into it."
HOCKEY CANADA HEAD SCOUT KEVIN PREDERGAST

After a run of five straight gold medals from 2005 to 2009, Canada took silver in 2010 in Saskatoon and was runner-up again this year in Buffalo, N.Y.

There are seven players eligible to play for Canada a second straight year. They would provide valuable experience in a tournament for 18- and 19-year-olds. Goaltender Mark Visentin, defenceman Erik Gudbranson and forwards Brett Connolly, Sean Couturier, Quinton Howden, Ryan Johansen and Jaden Schwartz are all possible returnees.

THE CANADIAN PRESS

Quoted

"Now I know I can stick and I can play with these guys. I knew I could before, but it's just a question of me getting the opportunity."

LANGLEY, B.C.'S BRETT LAWRIE, WHO HIT HIS FIRST MAJOR-LEAGUE HOME RUN IN THE TORONTO BLUE JAYS' 7-2 WIN IN BALTIMORE YESTERDAY. LAWRIE MADE HIS MLB DEBUT FRIDAY AGAINST THE ORIOLES AND DURING A MEMORABLE SERIES GOT HIS FIRST BIG-LEAGUE HIT AND HIS FIRST HOME RUN WITH A BATTING AVERAGE OF .455.

Scan code for more sports.

Contreras makes history at Woodbine

Luis Contreras has the unofficial Canadian Triple Crown.

Contreras rallied Pender Harbour to a win by a nose in the $500,000 Breeders Stakes turf race yesterday afternoon at Woodbine Racetrack. It was a historic win for Contreras, who became the first jockey to win all three Canadian Triple Crown events with two horses. THE CANADIAN PRESS

Bochy decries 'racist' comment

Giants manager Bruce Bochy has criticized a nationally syndicated radio host for what he says is a "racist" comment about San Francisco reliever Ramon Ramirez.

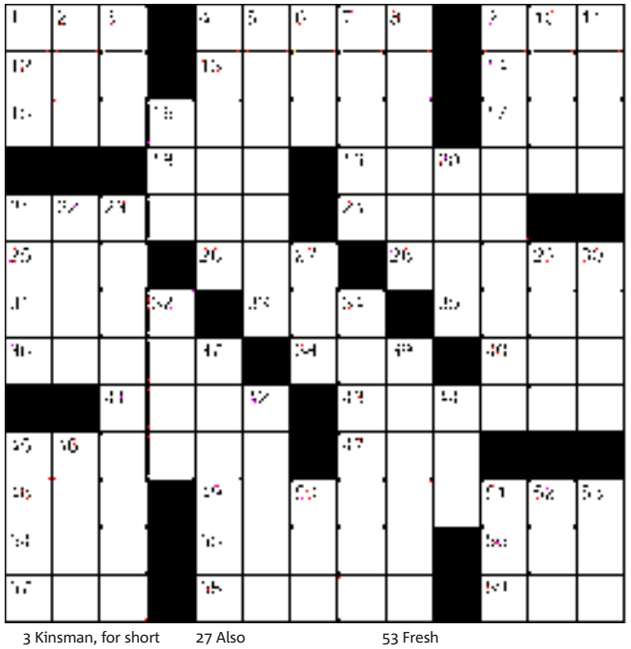
Radio host Tony Bruno referred to Ramirez as an "illegal alien." He also called Bochy a "coward" in a Twitter post following Friday night's benches-clearing brawl between the Phillies and Giants. The mayhem came after Ramirez plunked Shane Victorino in the back in the sixth inning of the Phillies' 9-2 victory.

Bruno later deleted his tweet and apologized on his Facebook page.

Ramirez is from the Dominican Republic. He said yesterday he is in the U.S. legally and wouldn't be able to work in the major leagues otherwise.

THE ASSOCIATED PRESS

Crossword



Across

1 Bar bill
4 Perspire
9 Use a crowbar
12 Knight's address
13 Actress Berry
14 Fish eggs
15 Alternative to a jail term
17 Eggs
18 Rhyming tribute
19 Vacuum brand
21 Salt companion
24 Opposed to
25 "— Town"
26 Congeal
28 Cord fiber
31 Cattle drive tool
33 Pooch
35 Location
36 Couches
38 Sphere
40 End for ball or bass
41 Western state
43 Basketball's Mr. Mourning
45 PBS "Street"
47 Extinct bird
48 Spoon-bender Geller
49 Raise accompaniment, often
54 Id counterpart
55 Bounded along
56 That girl
57 Boxing promoter King
58 Contest submission
59 Cut the grass

Down

1 Recipe meas.
2 Atmosphere
3 Kinsman, for short
4 Sunglasses
5 Irrigated
6 Inventor Whitney
7 Hawaiian greeting
8 Mortises' mates
9 Conditional stipulation
10 Wander
11 365 days
16 Jazz style
20 Elevator name
21 Bursts
22 Modern-day money
23 Lavish supply
27 Also
29 The gamut
30 Letterman rival
32 Information
34 "Frasier" star Kelsey
37 Taste
39 Sanguinary
42 Egret's cousin
44 Cheerios ingredient
45 Took to court
46 Therefore
50 Choose
51 Doctrine
52 Discoverer's call
53 Fresh

▶ Friday's answer

Sudoku

6			2	3	7			9
					8	3		
	8	3	5			2		
2	6		1		5	9		8
3								5
7		5	3		9		4	2
		6			1	5	2	
		9	7					
8			6	4	2			3

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Abiw, Te extrano mucho siempre. You are the love of my life and I cannot wait to see you in less than 5 days! You are amazing, and worth the wait. No matter how far and how long the distance, I love you forever. I can't wait to be your wife! xoxoxo, tu amor.
TANS

Mi linda BB! My sister and bestfriend, in less than a week we will be in the DR for your beautiful destination wedding. I wish you infinite happiness and blessings. I am proud of you in every way. TQM Pelotita!
BB

So how is Ottawa treating you these days? Miss you and hope to see you soon in Calgary. cheers..))
FROM ONE WHO HAS CRUSH ON YOU

A look at the weather

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	TOMORROW	WEDNESDAY
Min 17° Max 20°	Min 13° Max 25°	Min 14° Max 22°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Certain people will start playing emotional games over the next 24 hours, but now that you know that, you will be able to avoid getting emotional yourself.

♉ Taurus April 21-May 21 You must not allow others to restrict the way you do things.

♊ Gemini May 22-June 21 Love and laughter are what you need most.

♋ Cancer June 22-July 22 Try not to get so bogged down in your work that loved ones start to wonder if you no longer want them around.

♌ Leo July 23-Aug.23 No one expects you to be perfect, so don't expect it of yourself.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of power, someone whose support you are going to need in the future, can be and should be flattered shamelessly today.

♎ Libra Sept. 23-Oct. 23 Put the finishing touches to something you started a long time ago, then move on to something new.

♏ Scorpio Oct. 24-Nov. 22 Focus on what makes you smile.

♐ Sagittarius Nov. 23-Dec. 21 Make sure your own actions are above reproach.

♑ Capricorn Dec. 22-Jan. 20 Make an effort to stay on good terms with people whose position and influence could be of value to you in the future.

♒ Aquarius Jan. 21-Feb. 18 Do only what feels right to you.

♓ Pisces Feb. 19-March 20. If you let your heart rule your head today there is a danger you could lose out financially.

SALLY BROMPTON

Caption contest

THE SOUTHWEST TIMES RECORD, KAIA LARSEN/ AP

PAUL CHIASSON/THE CANADIAN PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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This set includes sofa, loveseat and matching chair. 100% chenille fabric available in two colors beige as shown and charcoal (grey with a blue undertone). Tight seats and backs keep this set well groomed.
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